



NEW

GENERATION

**MAYNARD COUNCIL ON AGING
& SENIOR CENTER**

50 BROWN ST., MAYNARD, MA 01754
978-897-1009

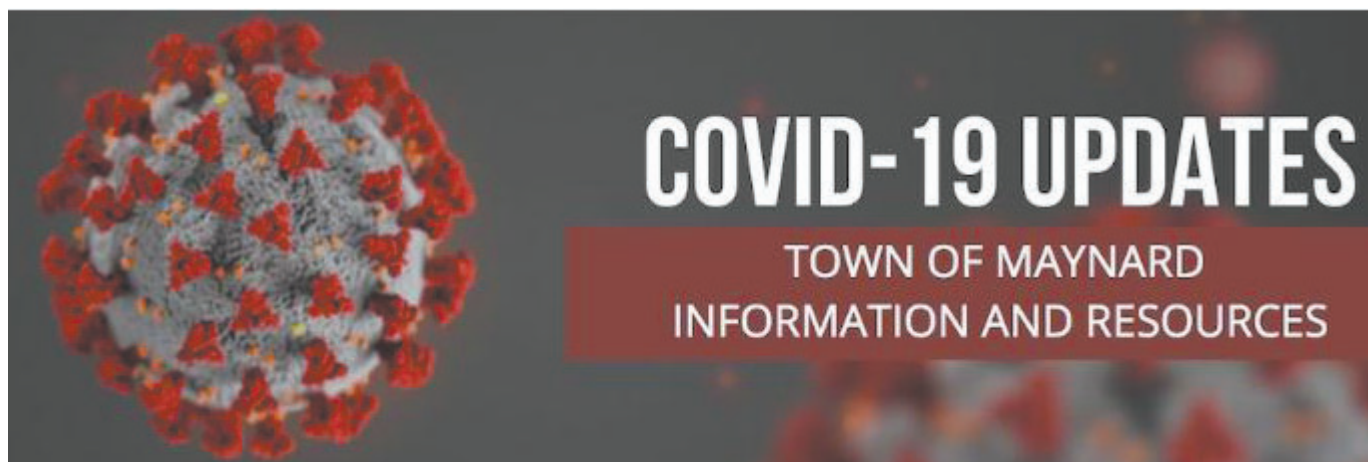
MARCH 2022



Town Administrator's Message

The ground hog “Ms. G” of Lincoln’s Mass Audubon Drumlin Farm Wildlife Sanctuary reportedly did not see her shadow in February, but it’s anyone’s guess as to just how many more weeks of winter we’ll have this year. I try to take advantage of warmer days during the winter, and I was recently able to take my 3-year-old for hike at the Assabet River National Wildlife Refuge on a particularly sunny afternoon. Although ice ran nearly the entire length of the trails, my son and I tread carefully (he on my shoulders eventually), and we joined many others escaping into the trees. I’m so grateful to have access to the Refuge, which is approximately one-third of Maynard proper on the map. On our afternoon excursion, I was surprised to read that the Refuge has only been open to the public since 2005. Although Maynard’s dense-urban environment doesn’t lend itself to a large number of conservation properties throughout town, access to the Refuge provides an important balance for the community that I hope residents take advantage of.

For information on the town’s COVID-19 status, please visit the town website and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the town’s newsletter.



Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,
Greg Johnson**

Town Administrator
gjohnson@townofmaynard.net



Spring Is in The Air

As the light in our days lasts longer, there is a hopeful feeling in the air this year. Before “springing forward,” I looked back at my columns from March and April of 2021:

As I write this my back door is wide open, the temperature may reach fifty degrees and Carolina wrens, titmice and cardinals are singing bouncy, excited songs. The sun is breaking out, the snow “mountains” around my house are melting and the path to the heated bird bath is becoming visible. As “re-opening” is a process without clear timelines, “re-engaging” is a place from which to create new ways of being as we move forward through the spring and summer. Being outdoors this year feels so much different than last year – a sign that all our efforts in staying safe and cautious is paying off.

Today it’s already 60 degrees, birds are singing, the “mountains” of snow have melted into muddy puddles and the path to the bird bath is well worn. Vaccines, boosters, and safe behaviors may be the silver lining to leaping forward this year. The Town of Maynard, including the COA, closed its offices on March 13, 2020, and this year daylight savings time ends on March 13, 2022. Perhaps a coincidence but I hope it correlates to the brightest new beginnings for all of us.

I highly recommend the **Scams, Fraud and Identity Theft** presentation (this page) as well as the **Stained Glass Mosaic Suncatcher** workshop (page 6). We’ve picked out a **new Fox Tours trip** (page 11) – looks to be jammed packed with adventure and good food. Speaking of good food, our Grab-n-Go lunches continue to earn great reviews. How can you go wrong with a hearty meal delivered to your car! (see page 8).

On a personal note, my dear 87-year-old neighbor, vaccinated and boosted, has recovered from over three exhausting weeks of battling COVID-19. I’ve heard of crocuses pushing through the ice and mud being the announcement of spring but witnessing Audrey energetically taking down outdoor holiday decorations before I had a chance to help, is a sign to me that the best of times are soon to come.

Happy Spring!!

~ **Amy Loveless**

Director

Maynard Council on Aging & Senior Center



Scams, Fraud, and Identity Theft

presented by

Danielle Bass of the Better Business Bureau

Wednesday, April 6th @ 11am

Roosevelt Room, Maynard Public Library

SCAMS, FRAUD, & IDENTITY THEFT

How to Protect Yourself

This presentation covers the most common scams currently circulating the community, the major red flags to watch out for, and the necessary actions to stay safe. Presented by Danielle Bass, BBB's Community Relation Manager, she will provide an engaging and informative presentation.



Register at www.maynardpubliclibrary.org/calendar or call the Reference Desk at 978-897-1010 x103.



**The Council on Aging Board
will be meeting on Tuesday, March 15**

All purchases
support local artists
and your local economy



6 Bridges Gallery

FINE ART AND CRAFT

Express Your Love of Fine Craft!

Our selection of fine craft by
local artisans offers something
for everyone:

- ☐ Jewelry
- ☐ Ceramics
- ☐ Greeting cards
- ☐ Fine art & photography
- ☐ Fine woodcraft
- ☐ Decorative metalwork
- ☐ Home & home office decor
- ☐ Handcrafted soap
- ☐ Sculpture
- ☐ Decorative and wearable
fiberarts

Shop In-Person & Online

- ✓ **77 Main St., Maynard**
Wed. – Sat., 12 – 5:00 pm
Masks required. Hand sanitizer
available at the door. Social
distancing guidelines apply.
- ✓ **Personal Shopping (Tuesdays)**
Via FaceTime, Zoom
or in-person. Email
6bridgesgallery@gmail.com
for an appointment.
- ✓ **Gift Certificates**
Give the joy of art and fine craft.
- ✓ **6bridges.gallery/shop/**
- ✓ **Facebook**
- ✓ **Instagram**

Thru
March 26th

Remnants of the Past

Jeanne D'Amico, Natalie MacKnight,
Brent Mathison and Judith Stein



*Explorations of the past defined by
nature, family and process*

February 16 – March 26, 2022; Reception March 12, 7 – 9:00 pm
6bridges.gallery/remnants-of-the-past-exhibit/

Opens
March 30th



Far and Wide

Ceramic Sculpture

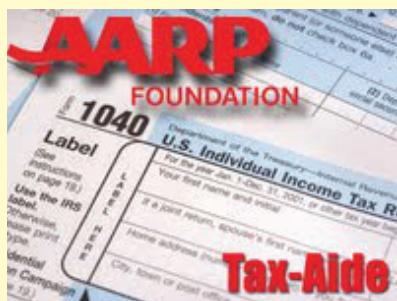
Mary Morazzi Henderson



Full Circle

Silk Scarves and Art Quilts

Donna Melanson



AARP Tax Aide Program

Get your taxes prepared for free at the Maynard Public Library as we host the AARP's Tax-Aide program.

AARP Tax-Aide is the nation's largest free, volunteer-run tax preparation and assistance program. It serves low and middle income taxpayers with special attention to those ages 60 and older.

**Call Bill Cranshaw at
978-760-9146 to set up an
appointment.**

AARP volunteers are at the library the following days:

**Wednesdays (10pm-2pm)
Saturdays (10am-5pm)**

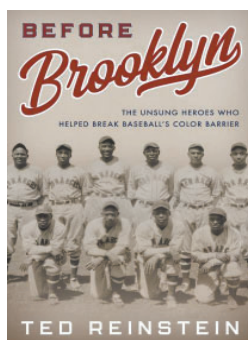
Virtual Author Talk with Ted Reinstein

**Tuesday, March 8 at 7:00 pm
Via Zoom**

Register at tinyurl.com/Reinstein



Before Brooklyn: The Unsung Heroes Who Helped Break Baseball's Color Barrier



When Jackie Robinson first played for the Brooklyn Dodgers in 1947, he made history by breaking Major League Baseball's longtime ban on Black players. What's less well-known is that a small army of men, women, and institutions of many types fought for many long years prior to Robinson's triumphant debut. This story includes stars of the Negro Leagues, members of the Black press and Pullman porters. These unsung heroes battled the color barrier for sixty years before Brooklyn, largely in the shadows. But like for Rosa Parks and John Lewis, it was a battle of dignity and defiance in a hard-won war for justice.

Since 1995, Ted Reinstein has been a reporter for Boston's WCVB-TV's "Chronicle." He is an Emmy Award-winning journalist and the author of three previous books about New England.

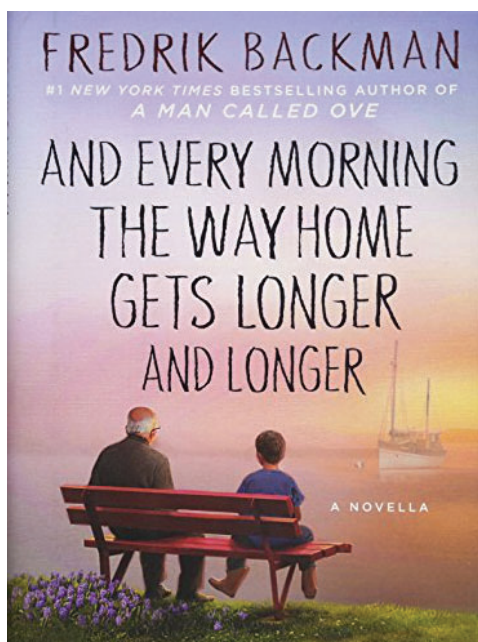
*Brought to you by the Randall Library Friends Association
and the Friends of the Maynard Library*

Maynard COA Book Group 2022

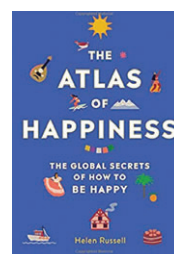
**Tuesday, March 29
11:00 am via Zoom**

Join us for a discussion of *And Every Morning the Way Home Gets Longer and Longer* by Fredrik Backman. This novella is an exquisitely moving portrait of an elderly man's struggle to hold on to his most precious memories, and his family's efforts to care for him even as they must find a way to let go.

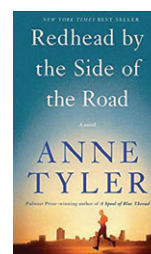
Call the COA to receive the Zoom link. All seniors are welcome!
The group meets on the last Tuesday of the month.



Apr 26 2022



May 31 2022

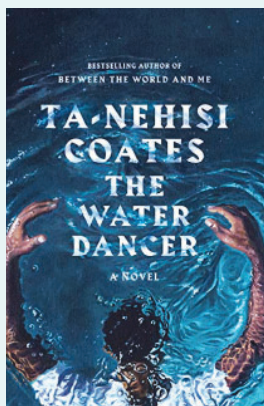


Jun 28 2022

Maynard Council on Aging • 50 Brown St • 978-897-1009

Book Mill Discussion Group

Tues, March 22 @ 7pm
Via Zoom



The Water Dancer
By Ta-Nehisi Coates

Join the Book Mill Discussion Group via Zoom
to talk about this month's book!
All are welcome.

Books are available through the Library.

Contact sthurston@minlib.net or
978-897-1010 to receive the Zoom link.

Curbside Pickup

now available



Maynard Public Library Curbside Pickup & Homebound Delivery FAQ

Q: How do I request contactless pick up?

A: On the day you wish to pick up your holds, call 978-897-1010 x100. The staff will retrieve, check out and bag your materials, and they will be put out on a cart near the main door. Please note that curbside pickup is available until 30 minutes before the library closes that day.

Q: If I'm coming inside the library to pick up my holds, do I need to make an appointment?

A: No, just come in and visit our Circulation Desk.

Q: Does the library provide homebound delivery?

A: Yes! Call the Reference Desk (978-897-1010 x103) or visit www.maynardpubliclibrary.org/homebound to request a book, author, or genre and library staff will bring them to your home! Deliveries are made once a week.

Q: Do you offer curbside printing/copying?

A: Yes! Please call the Reference Desk (978-897-1010 x103) for more information. We're happy to help!

Haiku Workshop & Nature Walk With Erin Webb and Jayne Settle

Saturday April 2 - 10:00 -12:00
(plus optional writing time)

Meet at Ice House Landing (Winter St)



We're still waiting on the full bloom of spring, but in the meantime come celebrate nature with us in another way, by engaging in the sometimes funny and sometimes solemn-but always illuminating-practice of writing haiku. You are invited to join us for a lecture on haiku, followed by a 30-40 minute nature walk along the Assabet River Rail Trail, followed by closing remarks and some optional quiet writing time. Space is limited, so sign-up now!

Questions? Email Erin at e.mckenzie.webb@gmail.com

In case of inclement weather, see the library website below for updates.

Read more and register at www.maynardpubliclibrary.org/haiku

*Brought to you by the Maynard Community Gardeners
and the Maynard Public Library*

Maynard Community Gardeners
P.O. Box 522 • Maynard, MA 01754
<https://maynardcommunitygardeners.org>



Make a Stained Glass Mosaic Suncatcher

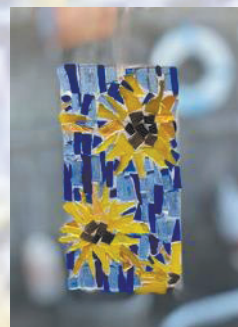
Saturday, March 26 at 10:30 am
via Zoom

Registration for this Zoom class at
tinyurl.com/MPLMosaic

For teens and adults

Kits will be provided that include real glass pieces, offering infinite color combinations and patterns.

The workshop will be led by
Leslie Doherty of Ways of Color



Leslie Doherty, **Ways of Color** artist/owner, has over 25 years of experience designing, creating and teaching stained glass art.

Brought to you by the Friends of the Maynard Public Library

Maynard Sesquicentennial History Series

Urban Planting: 150 Years of Trees and Gardens

presented by

David Mark

Thursday March 17, 7 pm via Zoom



Maynard author and historian David Mark will speak about the town's officials relating to trees and gardens through the years, including the Surveyors of Lumber, the Moth Department and the Tree Warden. He will also speak about the former Maynard Garden Club and current Maynard Community Gardeners as well as the Trail of Flowers.

Maynard Community Gardeners
P.O. Box 522 • Maynard, MA 01754
<https://maynardcommunitygardeners.org>

Brought to you by the
Maynard Community
Gardeners
and the Maynard Public
Library



Read more and register at: www.maynardpubliclibrary.org/may150

Spice Up Your Winter!

Maynard Library Spice Club

PAPRIKA



Are you bored with all of your usual meals? Would you like some inspiration for trying new recipes and flavors?

Spice up your March cooking with paprika! Available in sweet, hot and smoked varieties, paprika adds a beautiful red tone, a smoky depth or a spicy peppery kick. It is often used in meat rubs, barbecue sauces and many spice blends.

Pick up a kit with spice samples and recipes, then cook. Share your results on social media and, if you'd like, join a virtual discussion with other cooks.

March Spice Club Discussion

Thursday, March 24
7:00 pm via Zoom

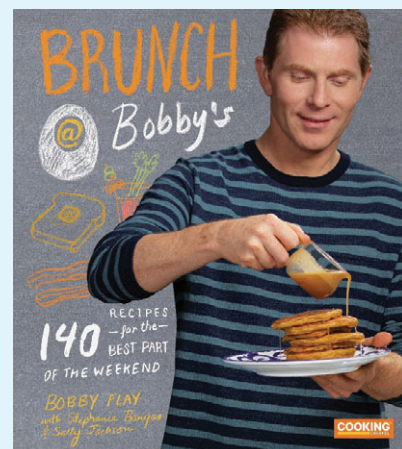
www.maynardpubliclibrary.org/spice
[#maynardspiceclub](https://twitter.com/maynardspiceclub)

Want more craft classes at the Maynard Library?
Let us know at:
tinyurl.com/MPLCraftSurvey

March Cookbook Club

Saturday, March 19

12:00 noon



In March, we will change things up and meet on a Saturday to enjoy brunch. We'll cook from Bobby Flay's cookbook *Brunch @ Bobby's*. Choose from beverages, eggs, pancakes, waffles, sandwiches and side dishes perfect for a relaxed weekend meal.

Borrow a cookbook at the Circulation Desk, select a recipe, and prepare your dish for the discussion on the 19th.

We'll meet in person if possible, otherwise on Zoom with sharing of dishes ahead of time.

Sponsored by the Friends of the Maynard Library.

March Programs

GRAB AND GO LUNCHEONS

Wednesday, March 23rd

Shepherd's Pie, Salad, Rolls and Dessert.

Please call the COA to reserve your meal by March 18th.

Wednesday, March 30th

Chicken Cordon Bleu, Baked Potato,
Vegetable, Rolls and Dessert.

Please call the COA to reserve your meal by March 25th.

**Pick-up your meal at the Maynard Elks
parking lot at 12 noon.**

Cost \$5.00

COA Zoom Fitness Classes

Yoga & Stretch with Rebecca • Tuesdays at 9am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Gold • Wednesdays at 9:00am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun Lin who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at aloveless@townofmaynard.net to sign up.

Zumba Toning Mondays at 9:00am

This seated Zumba Gold Toning class taught by Yachun Lin is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

Great Zoom YouTube Tutorial!

Marcia Chadly guides you through the how-to of responding to a Zoom invitation for a fitness class or an educational program. There's nothing like being able to "see" the steps to take. Once you've watched her presentation, or maybe reviewed a second time, you'll feel ready to join Zoom!

<https://www.youtube.com/watch?v=9isp3qPeQ0E>



MASSACHUSETTS

Medicare Wellness Webinars

Join Our Wellness Webinars!

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate in educational activities, practice new hobbies, stay connected to other community members while remaining at home, and learn more about how to stay healthy and safe during these challenging times.

All are welcome—you don't have to be a Blue Cross member to participate.

Active Aging Nutrition Insights

Presented by Tricia Silverman, RD

Discover nutrition and wellness tips that will help you live a longer, healthier, and happier life. Learn about specific nutrients and foods can impact your longevity. See how much protein you need, and what a balanced diet looks like for optimum health in your senior years.

Thursday, March 17, 2022

10:00 a.m. – 10:30 a.m. ET

Active Aging Nutrition Insights

Presenters: Lisa Farnham & Tricia Silverman

Register Now at bcbsma.info/Mar17

Tuesday, March 29, 2022

10:00 a.m. – 10:30 a.m. ET

Calming Anxiety

Presenters: Jenna Feitelberg & Janet Fontana

Register Now at bcbsma.info/Mar29

Calming Anxiety

Presented by Janet Fontana, RN, Certified Health Coach

Anxiety is a normal reaction to stress. When we are feeling stressed, our thoughts can take on a life of their own and amplify feelings of worry and anxiety. Join us to learn simple techniques to break the cycle of anxious thoughts and lessen anxiety. Practice breathing exercises that promote relaxation and help you feel calmer.

March Classes and Activities

Monday

Zumba Toning (ZOOM)	9:00 – 9:45
Knitting & Crocheting	9:00
Drop-In*	9:00
Bingo	1:00
Drop-In*/Tablet Time**	1:00

Tuesday

Yoga & Stretch (ZOOM)	9:00 – 10:00
Drop-In*	9:00
Craft Corner	9:00
Book Club (ZOOM)	March 29 @ 11:00 (see page 5 for details)
Drop-In*/Tablet Time**	1:00

Wednesday

Zumba Gold (ZOOM)	9:00 – 10:00
Drop-In*	9:00
Grab-nGo's	(see page 8)
Drop-In*/Tablet Time**	1:00

Thursday

Drop-In*	9:00
Nature/Travel	9:00
Arts & Crafts	1:00
Drop-In*Tablet Time**	1:00

Friday

Drop-In*/Tablet Time**	9:00, 1:00
Classic Comedies	1:00



Maynard Council on Aging Policies and Procedures

The Maynard COA will be following these policies to ensure the safety and welfare of participants, staff, instructors, and visitors. We are reducing the number of participants and setting rooms up differently for each program to create more space to allow for social distancing.

- Everyone must sign up in advance for any program you plan to attend.
- **Effective August 12, the Health Department and Town Administration issued the recommendation that all Town staff and visitors, fully vaccinated or not, are REQUIRED to wear masks or face coverings when indoors at any public Town of Maynard building or facility until further notice.**
- By entering the building, you are acknowledging you are feeling well, have no symptoms of Covid-19 and have not been diagnosed with Covid-19.
- We have scheduled time between morning and afternoon programs for cleaning and disinfection, as well as room breakdown and set up.
- The COA will not be offering food with any program. Water will be available, and you are free to make coffee or tea.

CLASSIC COMEDIES

Looking for some laughter to brighten your day?
We'll be laughing with you as we watch some hilarious episodes of *I Love Lucy*, *Dean Martin*, *The Honeymooners*, *Dick van Dyke*, *Carol Burnett*, and many more!

***Drop-In Options:**
Adult Coloring • Board Games
Puzzles • Knitting
Bring-your-own-device
(internet provided)

**Tablet Time

Use a COA Chromebook or iPad to catch up on the latest news, check your emails, play a game or search for a winter project. You may also bring your own tablet too. The COA has a tablet lending program – please speak to Amy if you are interested.

Maynard Council on Aging Van Service

To make a reservation call CrossTown Connect at (978) 844-6809

The Council on Aging van operates five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, hair salons and grocery stores. Residents over the age of 60 and individuals with disabilities of any age may use the van. If a rider is handicapped in any way, please let the dispatch service know so accommodations can be made. **Riders must continue to use hand sanitizer and wear a mask at all times when on the van.**

Reservations MUST be made 48 hours in advance. If you need to CANCEL your reservation it should be done at least 24 hours in advance. Cancelling the day of your reservation can negatively impact the schedule and other riders' transportation needs. Unforeseen circumstances do occur but this should not be common practice to delay cancelling your reservation.

Riders should be ready for pickups at least an hour in advance of their pickup time as critical schedule changes may occur to accommodate more than one passenger. **The van will wait no longer than 5 minutes for a passenger to emerge** at which time the driver will call CrossTown Connect for them to try and reach the rider by telephone. On very busy days the van can get behind schedule whether due to traffic, a delay in a rider being ready for pickup, and other factors not under the driver's control. Delays most often occur with multiple medical appointments in the same time frame for pickup and drop off.

Grocery Shopping Schedule:

Monday – Stop and Shop

Tuesday & Thursday – Market Basket

Friday – Shaw's

The Council on Aging has resumed its \$2.00 donation per ride.

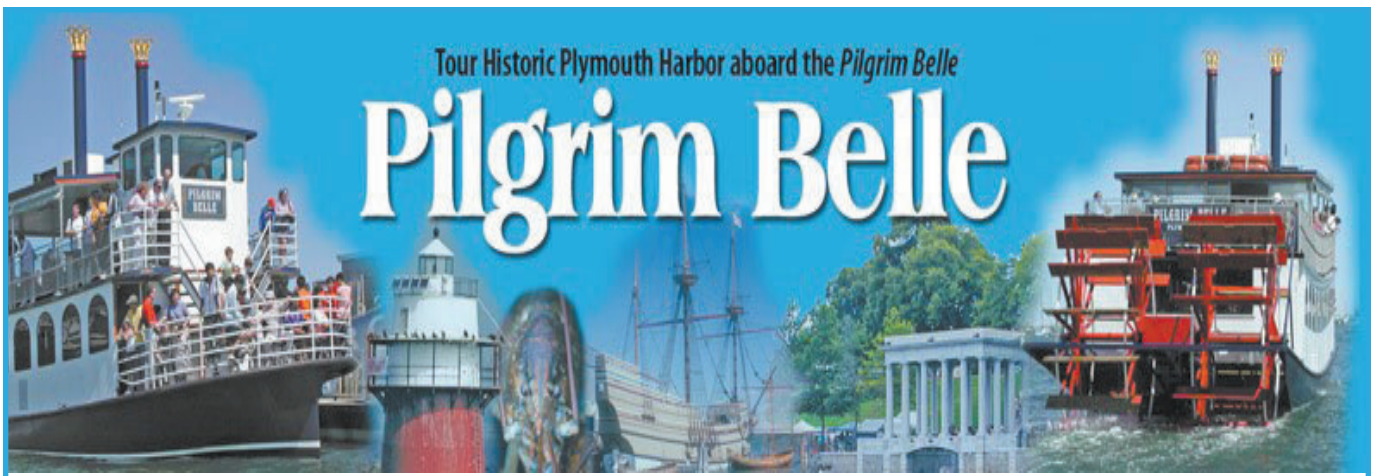
Please contact the Council on Aging at (978) 897-1009 for questions.

Inclement Weather & Safety Concerns at the Maynard COA during Winter Months

With winter officially here there are some safety cautions to be aware of when attending classes and activities at the Council on Aging. Remember that when the Maynard schools close the COA is always closed and if there is a delay in the schools' opening the COA will always have a delay in opening. With any snowy and icy conditions the parking lot may not be plowed before the COA's scheduled time to open. (the COA's hours are 9:00 a.m. – 3:00 p.m.)

In addition to the parking lot sloping upward, the walkway to the COA has a steep incline before you get to the main stairs. We do have a railing on the right side of the walkway but with any inclement conditions (even when treated) the walkway may be of risk. As well the steps in the front of the building can be slippery (even when treated) – please use the railings on either side of the steps. At the front entrance melting and dripping water off the roof can be of concern as it can form a puddle which will freeze in certain conditions. Every attempt is made to treat slippery and icy areas but things will refreeze quickly in certain conditions. Orange cones will be put out when it isn't safe in certain areas including the walkway facing the golf course. The steps and walkway on the back side of the building facing the upper parking lot should never be used to enter the COA.

It is a priority of the COA to keep anyone entering the building safe. In addition, even when the schools are open you may receive a "robo-call" from the COA advising you access to the building is not safe and classes and activities will be cancelled. Always call the COA if you are not certain the COA is accessible and open. ***We're not able to include you in a "robo-call" without your phone number in our My Senior Center program – please call the COA and sign up.***



Tour Historic Plymouth Harbor aboard the *Pilgrim Belle*

Pilgrim Belle

<<>> *The Maynard COA Proudly Presents!* <>><>>
 <<>> *Plymouth's 402nd Birthday Tour* <>><>>
Featuring A Delicious Luncheon & Narrated Plymouth Harbor Cruise!
 <<>> *July 20, 2022 (Wednesday)* <>><>>

8:30 AM Depart from the Maynard Elks, 34 Powder Mill Road, this morning on your luxury Silver Fox Motor Coach and travel to **Plymouth, Massachusetts, where the Pilgrims landed in 1620 and established New England's first English colony.** On arrival you will take a **sightseeing tour** that will include a visit to Plymouth Rock, a view of the venerable Mayflower II, the Pilgrim Monument and Plymouth's 9/11 Memorial, a most moving and memorable sight. **You'll then enjoy a full course luncheon at Plymouth's excellent John Carver Inn.** Your **entrées in-clude delicious seafood and chicken entrées (see list below) and Apple Cranberry Crisp with Fresh Whipped Cream for Dessert.** Yum! Then, today's special treat will follow, a narrated 75 minute sightseeing Harbor Cruise on the *Pilgrim Belle*, a true paddle wheeler with no propeller propulsion. Your Captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches as well as relating Plymouth's amazing history. Arrival home is expected at 5:30 PM with fond memories of your wonderful day in scenic Plymouth, Massachusetts.

Tour Dates: July 20, 2022 (Wednesday)

Tour Cost: \$99.00 Per Person

Tour Includes: - Narrated Pilgrim Belle Cruise
 - Luncheon at the John Carver Inn Restaurant
 - Choose Entrée : __Broiled Cape Scrod__ Plymouth's Best Fish & Chips__ Cranberry Chicken
 - Visits to Plymouth Rock, The Pilgrim Monument & 9/11 Memorial

For Reservations, Please Contact: The Maynard COA @ 978.897.1009

Please note Fox Tours requires all passengers be vaccinated to travel on the tour.

<<>> *Discover Plymouth Yourself!* <>><>>



Critical Home Repair Program



Contact Us!

201 Great Road, Suite 301, Acton, MA 01720
978.348.2749 ncmhabitat.org | diana@ncmhabitat.org

A home preservation program that provides needed interior and exterior repairs for low-income homeowners, so that they may maintain a safe, decent, and affordable place to live. This program focuses on safety, security, accessibility, weatherization, and keeping houses up to city codes.

The Critical Home Repair Program is to maintain affordable houses, designed to provide a hand up, not a hand out.

With a max of up to \$15,000, projects with payments will cover, replacing roofs and gutters, installing new vinyl siding, replacing driveway and sidewalk, replacing porch and steps, installing an energy-efficient furnace and/or waterheater, upgrading electrical service, remodel, accessibility additions and many more repairs...



HMLP

Home Modification Loan Program

Home Modification Loan Program (HMLP) is a state-funded loan program, providing loans to homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities.

This is not a home repair program and is not a resource to repair roofs, windows, or heating and septic systems. Work must be completed by contractors who are licensed and insured.

Loan Information

- \$1,000 to \$50,000 loans to property owners
- 0% interest
- No monthly payments or interest
- Repayment is required when property is sold or transferred
- \$1,000 to \$30,000 loans to owners of manufactured or mobile homes
- Landlords with fewer than 10 units may be eligible for a 3% loan for a tenant

Possible Home Modifications:

- Bathroom & kitchen modifications
- Ramps
- Stair-lifts, and/or platform lifts
- Sensory or therapy spaces
- Hard-wired alarm systems
- Fences
- Accessory dwelling units

Eligibility is based on:

- Income
- Documentation of need from professional
- Proposed home modifications

2021 Income Guidelines	
Household Size	Eligible with Gross Income up to:
1	\$188,000
2	\$214,800
3	\$241,600
4	\$268,400
5	\$290,400
6	\$311,400
7	\$333,000
8	\$354,400

Provider Agencies

CENTRAL MA

RCAP Solutions Financial Services, Inc.
Ashur Gurbuz
agurbuz@rcapsolutions.org
978-630-6725
Cell: 978-502-7963
www.rcapsolutions.org
TTY/TDD: 978-630-6754

METROPOLITAN BOSTON

Metro Housing Boston
Jennifer Shaw
jennifer.shaw@metrohousingboston.org
617-425-6637
www.metrohousingboston.org
Mass Relay Available: Dial 711
(fax) 617-532-7539

METROWEST MA

South Middlesex Opportunity Council, Inc.
Amy Cowan
acowan@smoc.org
508-326-5349
www.smoc.org
TTY/TDD: 508-872-4853

NORTHEAST/NORTH SHORE MA

Community Teamwork, Inc.
Alan Trebat
atrebat@commteam.org
978-654-5741
www.commteam.org
Mass Relay Available: Dial 711

SOUTHEASTERN MA

NeighborWorks Housing Solutions.
Elvira Caldeira
ecaldeira@nhsmass.org
617-770-2227 ext. 134
www.nhsmass.org
TTY/TDD: 617-801-5218

CAPE AND ISLANDS

South Middlesex Opportunity Council, Inc.
Amy Cowan
acowan@smoc.org
508-326-5349
www.smoc.org
TTY/TDD: 508-872-4853

WESTERN MA

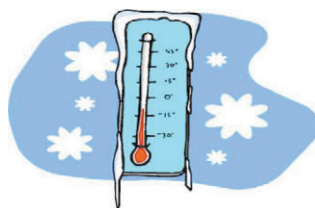
Way Finders
(Agawam, Amherst, Chicopee, Holyoke, Northampton, South Hadley, Springfield, W. Springfield and Westfield)
Amneris Moreno
amoreno@wayfinders.org
413-233-1615
www.wayfinders.org
TTY/TDD: 413-233-1699
Pioneer Valley Planning Commission
(all other Hampden, Hampshire, Franklin and Berkshire county communities)
413-781-6045
www.pvpc.org

For more information call
Amy Cowan at 1-508-326-5349
or visit www.smoc.org



HMLP is a MRC program in collaboration with CEDAC

SMOC Fuel Assistance



NEED HELP PAYING HEATING COST???

Help is Available!!! The Fuel Assistance Program helps income eligible households pay a portion of their heating costs.

If your Gross Income falls within the limits shown below you may be eligible! You may also qualify for electricity discounts and weatherization programs!

Deadline to Apply is April 30, 2022

Household size	Maximum Gross Income
1	\$40,951
2	\$53,551
3	\$66,151
4	\$78,751
5	\$91,351
6	\$103,951
7	\$106,314



For More Information Contact
South Middlesex Opportunity Council
Fuel Assistance program
7 Bishop Street
Framingham, MA 01702
508-620-1230 or 508-620-2342



Energy Resources

Citizens Energy Heat Assistance

(Joe4Oil)

(617) 338-6300

<http://citizensenergy.com/assistance-programs>

Good Neighbor Energy Fund (Salvation Army)

(800) 334-3047

<http://magoodneighbor.org/>

Low Income Home Energy Assistance Program (LIHEAP)

(800) 632-8175

<https://www.mass.gov/service-details/learn-about-low-income-home-energy-assistance-program-liheap>

<http://www.liheap.us/massachusetts-heap/>

SMOC (South Middlesex Opportunity Council)

300 Howard Street, Framingham, MA 01702

(508) 620-1230

<http://smoc.org/>

Mass Save

(800) 632-8300

www.massave.com

Discount Rates on Utilities

National Grid Low Income Electric Services

https://www9.nationalgridus.com/non_html/On_Demand_Electric_Initial%20v052209.pdf

National Grid Low Income Gas Services

https://www.nationalgridus.com/media/pdfs/billing-payments/cm4445_ma_gas_discontrateapp.pdf

Eversource Discount Rate Application

<https://www.eversource.com/nstar/CustomerCare/Residential/DiscountRate>

Joe-4-Oil Citizens Energy Discount Program

<http://citizensenergy.com/assistance-programs>



Join our welcoming, supportive group for family and friends caring for loved ones!

Share experiences, challenges,
and advice with others
caring for older adults
in this confidential and
supportive virtual
setting.



Virtual Caregiver Support Group

- Meets the second Tuesday of every month from 2:00-3:00PM

**To register or with questions,
contact us at (781) 221-7079 or
K.Sullivan@MinutemanSenior.org**

Caregivers from all communities welcome

Minuteman
SENIOR SERVICES

www.MinutemanSenior.org

Minuteman Senior Services – Know Us Before You Need Us!

As a non-profit agency serving 16 communities, we are passionate about our mission to empower and advocate for those impacted by aging and disability. We offer information and supportive services that enhance health, well-being and independence. We provide up-to-date resource information and referrals to community services, care management and in-home care, Meals on Wheels and congregate dining, elder protective services, assistance with budgeting and bill-paying, Medicare benefits counseling, caregiver support and much more. Many of our services are free of charge, others are available on a sliding fee or private pay basis. We want you to know us before you need us and when you need some help, just contact us at 888-222-6171 or elderinfo@minutemansenior.org. Additional info on www.minutemansenior.org

***You Can Make
A Real Difference!***

We are looking for volunteer Meals on Wheels Drivers and Money Management Bill Payers!

Are you free from 11am to 1pm on weekdays to help deliver meals to homebound seniors once a week? Or are you available 6-8 hours/month to help seniors or people with disabilities sort mail and organize bills for payment? If you are interested or have questions, please contact our Volunteer Coordinator, Yuen Li at volunteer@minutemansenior.org or call 781-221-7093.



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LEASES!**

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REP. KATE HOGAN'S SENIOR NEWS

MARCH 2022

Transitioning from Pandemic to Endemic

After two full years, we still can't predict with certainty when the COVID-19 pandemic will end, but we do know that eventually it will become another of the infectious diseases that are known as "endemic" to the human population.

When a sufficient number of people become immune to a disease, either through vaccination or natural infection, its spread starts to slow down and the number of cases gradually decreases. But that doesn't mean it will disappear instantly or completely. It's possible that the spread of an infection will eventually stabilize at a constant level so that it becomes present in

communities at all times, possibly at a relatively low, sometimes predictable rate. This is what we mean when we say a disease is endemic.

We know there will be challenges to learning to live with COVID-19, and that challenge will be especially difficult for the roughly 7 million immunocompromised Americans who remain especially vulnerable and will have to keep their guard up. Many seniors are concerned with these challenges too. COVID-19 has been particularly hard on our elder population.

As we move forward, my colleagues in the legislature and I will continue to keep the welfare of our seniors on our minds as we listen to testimony, debate legislation, file amendments and consider the budget. We'll continue to consider the continuum of care and supports necessary to help seniors live safely in their communities.

I hope that some of the accommodations and lessons we learned during the pandemic will help inform our post-pandemic efforts, as well. Whether it's testing and wearing a mask to avoid spreading germs; using technology to attend events virtually; or retail modifications like priority shopping hours and curbside pickup, or, most importantly, using life-saving medicine to vaccinate, we have many tools and techniques to help us transition to post-pandemic life.

If you have suggestions or concerns, or need assistance, please do not hesitate to contact my office.

Kate Hogan, State Representative
Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

State House, Room 370, Boston, MA, 02133 / Phone: (617) 722-2600 / Kate.Hogan@mahouse.gov

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Facebook: www.facebook.com/RepKateHogan

Virtual office hours for constituents will be held March 11 from 1-2 pm and March 14 from 6-7 pm. Residents may meet with Rep. Hogan by appointment via Zoom or telephone. To schedule an appointment, please call (617) 722-2600 (option #2) to leave a voicemail or send email to Kate.Hogan@mahouse.gov. Please register for an appointment by 5 pm on February 16.

